

Creating Your Wellness Vision

How do you want to see yourself a year from now? Five years from now? What's your vision of the **best version** of yourself?

A wellness vision is a concrete, inspiring picture of you, leading a healthy, satisfying life. Maybe it's being a positive role model for your family. Or maybe it's being as physically active as long as you can be through life. Health and well-being have many dimensions. It's YOUR vision, so what is important to you?

Creating your wellness vision is NOT like making a New Year's resolution which you may be unlikely to keep. Instead, it is a reflective process- start by imagining the outcome you would like to see, then planning the steps or goals to get there.

First, consider the big picture of health and well-being: it is multidimensional. Reflect on not only physical health, but also emotional, spiritual, social, occupational, financial and intellectual well-being. Individuals who balance all aspects of health are more likely to handle life's stressors and be happy.

Start by brainstorming what you really want and need. Consider several versions. Then put it aside for a few days before you come back and decide on what is personally meaningful to you. Think about what is motivating you. Be realistic about the obstacles you will face and begin to identify strategies to overcome the obstacles.

Once you have identified your vision, it's time to outline the goals or steps to achieve it. Start with small goals that are measurable and doable in a timeframe realistic for you. Use the sample Wellness Vision Worksheet to help you get started.

Keep your wellness vision handy. Refer to it for motivation and a reminder of what your hard work will bring. Revisit your vision and tweak your goals as you practice skills and behaviors. Your vision may remain the same, but your goals will vary depending on your family and work commitments, health, season of the year and other priorities. You are a work in progress!

Would you like to discuss your goals and outline a plan? Contact Linda Gigliotti, Diocese of Orange Health and Wellness Consultant to schedule an appointment at a time and location convenient for you. Email: lgigliotti@rcbo.org or call 714-282-6054.



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SAMPLE

My Wellness Vision:

- I spend quality time being active with my family.
- I nourish my body with healthy foods and daily exercise.

My main motivators are:

- My family
- My health risk factors and family history

My main obstacles are:

- Long hours at work
- My children's varying sports schedules
- Finances

My strategies to overcome my obstacles are:

- Use my calendar to schedule my exercise and food shopping for the upcoming week
- Develop a budget for groceries
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Three Month Goals (I will be doing these consistently three months from now)

1. Do fun or relaxation activity with my spouse & children at least 2x weekly for minimum of 30 minutes
2. Prepare dinner at home at least 4 weeknights per week
3. Consume at least 5 servings of vegetables & fruits daily.
4. Reduce wine consumption from 2 glasses daily to 2 glasses 4 days/week
5. Do aerobic exercise at moderate intensity 3 times per week for 30 minutes.

My First Month's Goals

1. Take my children to the park for 30 minutes on Saturday.
2. Plan family dinners for Monday & Tuesday on Saturday; grocery shop after Mass on Sunday.
3. Eat 1 piece of fruit for breakfast, take 1 cup of baby carrots to go with lunch, prepare at least one green or red vegetable for dinner.
4. Enjoy 2 glasses on wine, if desired on 5 days/week; no wine on Monday and Tuesday.
5. Walk for 1 mile (15-20 minutes) at lunch on Tuesday, Wednesday and Thursday.



My Wellness Vision:

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My main motivators are:

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My main obstacles are:

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My strategies to overcome my obstacles are:

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Three Month Goals (I will be doing these consistently three months from now)

- 1.
- 2.
- 3.
- 4.
- 5.

My First Week's Goals

- 1.
- 2.
- 3.
- 4.
- 5.